



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

DIABETES (60 SECONDS)

November is National Diabetes Month, and did you know that you can delay or even prevent diabetes by learning your risk factors and making just a few lifestyle changes?

This is Acting State Health Officer, Doctor Scott Harris. Preventing diabetes has never been easier and it starts by making a commitment to live a healthier lifestyle. That means eating more fruits and vegetables and exercising for at least 30 minutes every day.

If you don't have diabetes yourself, there is a good chance that a family member or friend does... and if you have been diagnosed with diabetes, it's important to learn to manage it by attending a Diabetes Self-Management Program, where you will learn to check blood sugar levels, make a diabetes meal plan, and get tips to include exercise as part of your daily routine.

Over half a million adults in Alabama have diabetes – so take the first step to protect your health. For more information, visit our website at [Alabama public health dot gov slash diabetes](http://Alabama.public.health.dot.gov/diabetes).

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